

Feeding **OUR** Families Shopping List

Non-perishable Wishlist

Canned Fruits – Low Sugar (preferred)
Canned Vegetables – Low Sodium (preferred)
Canned Soups – Low Sodium (preferred)
Canned Fish/Protein
Rice (White and/or Brown)
Cereal – Low Sugar (preferred)
Canned/Dried Beans
Peanut Butter
Pasta (Regular and/or Whole Grain)
Hygiene Items (Shampoo, Toothpaste, Deodorant, etc.)
Diapers (Children and/or Adults)
Non-Food Essentials (Household Items, Paper Products)

No dairy, no glass, no produce, please!

PRESENTED BY

